

The Bean Brief September 2019

# **CHECKOFF RESEARCH | Irrigation Termination**



Dr. Chris Henry, Associate Professor at University of Arkansas Rice Research and Extension Center, utilizes soil moisture sensors, meters and termination charts to determine when to terminate irrigation in soybeans. Hear about Dr. Henry's project, and learn his tips by watching the full video <u>here.</u>

Interested in learning more ways to increase your yield? Want to read more? Find more research on the *Field to Film: Featured Research page* here.

Listen to the podcast

**Read the research** 

## **EVENTS | Chairman Rusty Smith attends The AR Nutrition Conference**

The Arkansas Nutrition Conference was held earlier this month in North West Arkansas. The annual conference hosts technical experts from all over the world. They share their knowledge on the latest research and advancements in poultry nutrition. The primary goal is to promote



"I spent [the] morning in Rogers with the Ghana team. They currently use about 225k metric tons of soy, mostly from the US. I highlighted the high protein content of Arkansas soybeans as well as companies able to supply their needs. They currently have a 20% growth rate."--Chairman Rusty Smith, Arkansas Soybean Promotion Board

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## CAREERS IN AGRICULTURE | Maddison, A.J. and Sara



Maddison Stone **Marketing Manager Greenway Equipment** 

Maddison tells us how she remembered her roots to find her place in Agricultural Communications. She says the industry needs students from many fields.

A.J. Hood Grower & Farm Manager **Tillar & Company** 

A.J. tells us how he's implementing solar power on his farm, and he explains how valuable new technology will be in recruiting the next generation to the agriculture industry.

Sara Overton **Agricultural Commodity Compliance Specialist** 

Sara, Agricultural **Commodity Compliance** Specialist, more commonly known as a grader, reminds us agriculture will always be

View more careers!

## SOY AT HOME | Black Bean Corn Salad

- 2 cans (15 ounces each) black soybeans, drained and rinsed
- 2 cups frozen com kernels, thawed
- 1 red pepper, chopped
- 1/2 cup chopped red onions

important.



- 1 cup chopped green onion
- 1 jalapeno pepper, minced
- 2 tomatoes, chopped
- Juice from 1 lime (about 1 to 2 tablespoons)
- ½ cup chopped cilantro
- 1 teaspoon minced garlic
  - 1 teaspoon salt
- 1 tablespoon olive oil

Combine first seven ingredients in a large bowl. Make dressing with lime juice, cilantro, garlic, salt, pepper, and olive oil; combine well. Pour over salad ingredients and toss lightly to combine. Chill several hours before serving.

Yield: 10 servings. Per 3 cup serving: 120 calories, 3 g fat (0 g sat fat), 8 g protein (6.25 g soy protein), 17 g carbohydrate, 299 mg sodium, 0 mg cholesterol, 5 g dietary fiber.

#### Find More Ways to Use Soy At Home Here!

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